

HOLY TRINITY FOOD SCIENCE

2023-24 Elective
Cook Book



"Tita's Flan"

Fun Facts:

This recipe has been made for years and passed down from my great-great grandmother's family in Mexico, to my family today! My uncle and dad both love making this recipe for our family, during any occasion, so they vow to one day have a flan making competition, although it has yet to happen.

Ingredients:

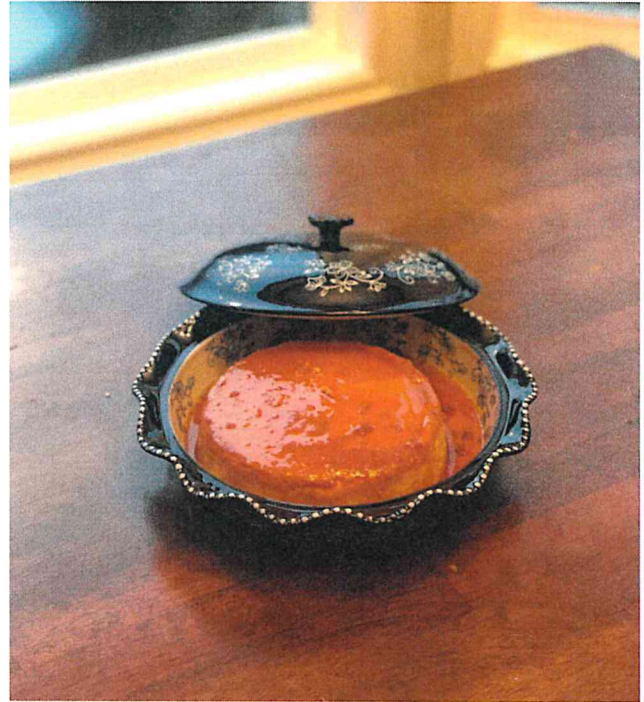
- 1 can condensed milk
- 2 cups milk (whole or low fat)
- 2 teaspoons vanilla extract
- 4 eggs
- 1/2 cup sugar

Materials:

- stainless steel pan/dish
- pressure cooker
- blender
- (aluminum) foil

Steps:

1. Caramelize the sugar in a stainless steel pan (or dish) that will fit in a pressure cooker.
2. Coat the bottom and sides with the caramel in the stainless steel pan.
3. Set this aside.
4. Put all of your remaining ingredients in a blender.
5. Pour this mixture into the stainless steel dish and then cover it with foil.
6. Set your rack in the pressure cooker for about 15-20 minutes (or when the sound goes off) and pour!



Maddie's Peanut Blossoms

This recipe is a family favorite that everyone in my family loves. At almost every family gathering or reunion there are going to be these cookies. They were also the cookies that my sister my Grandmie and I would always make whenever my sister and I went over to her house for a weekend.

Ingredients:

- 1 3/4 cup flour
- 1 tsp. baking soda
- 1/2 tsp, salt
- 1/2 cup brown sugar
- 1/2 cup butter
- 1/2 cup peanut butter
- 1/2 cup sugar (raw)
- 1 egg
- 1 tsp. Vanilla extract
- Hershey's Kisses



Blend in dry ingredients gradually. Makes about 3 dozen cookies.

- 1) Sift the flour, baking soda, and salt together in a medium sized bowl.
- 2) Then, cream the butter, brown sugar, peanut butter, and granulated sugar in a large sized bowl.
- 3) Once that is properly mixed together and has reached a smooth consistency, add the egg and vanilla extract.
- 4) Gradually blend the dry ingredients into the wet ones and mix until dough forms.
- 5) Shape the dough into balls using a rounded tablespoon to achieve an evenly rounded sphere shape. Roll balls in sugar and place on a cookie sheet lined with parchment paper.
- 6) Bake in a 375° oven for 8-9 minutes. Remove from oven.
- 7) Top each cookie with a candy Kiss, pressing down firmly so the cookie cracks around the edge. Return to oven.
- 8) Bake for 2-5 minutes longer until the cookies are golden brown.
- 9) Let the cookies cool for 10 minutes on a pan before transferring to a wire rack.
- 10) Enjoy!

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Homemade Kart-Wheels Recipe

I chose kart-wheels because my mom would make them every time I'm sick, on the weekends, holidays, school days off, or because I want to make them. Kart-wheels are delicious, crunchy, sweet, exotic, flavorful, tasty, and you can even pick out the flavor of jam you want your Kart-wheel to have in the middle. In conclusion, Kart-wheels are delicious and I'd say that you should try making Kart-wheels.

Ingredients:

- 1 ½ c. flour
- ½ c. butter, softened
- ¼ c. powdered sugar
- ½ tsp. baking powder
- 2 Tbsp. milk
- 1 c. jam

Steps:

1. Heat oven to 375°F.
2. Mix flour, butter, powdered sugar, baking powder and milk until dough forms (if dough seems dry, mix in more milk, 1 tsp at a time).
3. Shape a small part of dough into a ball. Place on an ungreased cookie sheet; flatten slightly. Make an indentation, 1 ¾ inches in diameter and about ¾ inch deep, in the center of each flattened ball.
4. Fill each indentation with about 2 tablespoons of pie filling. Bake until the edges begin to brown, 20 to 25 minutes.

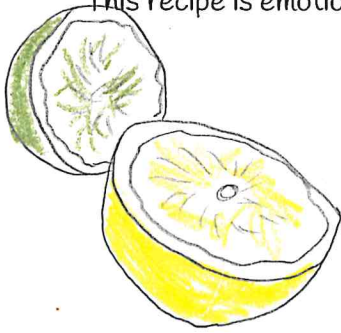


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Mother's Pozole Rojo

(Lylah Landeros)

This recipe is emotionally significant to my family. We have it everytime we hang out with our family-friends because they love it so much.



[\(Image Address\)](#)

Ingredients:

- 28 oz White hominy
- 2 lb Boneless pork (shoulder or butt)
- 4 tbsp California Chile Powder
- 12 garlic cloves
- 1 ½ white onion (spilt)
- 4 tbsp Kosher Salt
- 1 tbsp Oregano
- 1 tbsp Cumin



Sides:

- ¼ c cilantro chopped
- 2 Lime sliced
- 2 Lemon sliced
- 2 cups shredded green cabbage
- ½ white onion chopped
- Tostada shells
- ¼ Fresh Jalapeño chopped
- 2 fresh red radish

Instructions:

1. Boil 10 cups of water into a stock pot
2. Add a cup of white onion cut in ¼'s
3. Place in 12 garlic cloves
4. Stir in 4 tablespoons of kosher salt & bring to a boil
5. Cut pork into cup size chunks & add to boiling water
6. Boil for 30 minutes on high
7. Reduce heat to medium high for 1 hour
8. Drain and rinse the hominy
9. Add to stock pot
10. add chile powder, cuman, and oregano
11. Let boil until hominy get soft (30 min)



Homemade Tamales (Rajas) Ava C.

My family has been making homemade tamales for at least 5 years around christmas time, in memory of my grandma. My dad has taught us all the tips and tricks, and we have fun every time.

- ★ 20 lbs of masa
- ★ 150 hojas (corn husks)
- ★ 1 large can of sliced jalapenos
- ★ 5 lbs of queso fresco

Prep:

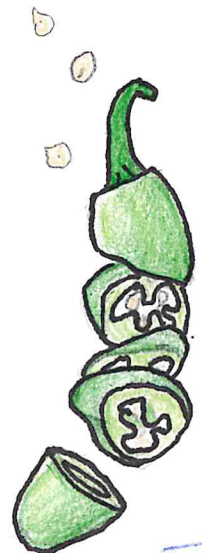
- Soak the hojas in a bowl of water for at least 10 mins before starting.
- Cut the queso fresco into thin slices about 3 inches long.
- Make sure the hojas are about 4 inches long no less than 3 inches
- Keep masa cold until ready to use.
- Prepare a steamer in a pot

Directions:

- 1) Use a spoon to evenly spread the masa (not too thin, but evenly covering the husk), make sure the masa is not super thick.
- 2) Leave the top 3 inches of the husk open with no masa.
- 3) Place two slices of queso fresco and two slices of jalapenos in the middle.
- 4) Close the two edges into the middle, and then fold the top down
- 5) Place tamales in batches of 10 in the steamer for 45 minutes.



<https://pinaenlacocina.com/tamales-de-rajas-con-queso/>



Mara's Whipped Berry Salad



I love this recipe because it is something that is sweet but your mom can't tell you not to eat it because it has fruit in it. This is significant to me because I was home alone and wanted something sweet but also somewhat healthy to eat. So the Whipped Berry Salad was born. I came up with this idea because my aunt makes Sour Cream and Strawberries every year for the 4th of July, I never liked it. So I made it myself but with something better, Cool Whip. So I think that next 4th of July I will be making this for the people who don't like the Sour Cream and Strawberry concoction. Russia is a place that makes Sour Cream and strawberries which is my inspiration, but my food is inspired from the Japanese culture, minus the bread.

Ingredients:

- Raspberries - 2 Cups
- Strawberries - 4 Cups
- Rose Coconut Whipped Topping (Trader Joe's) - 2½ Cups

Instructions:

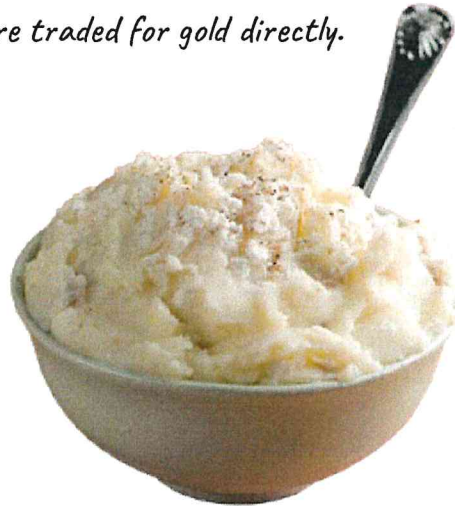
1. Get a medium size bowl
2. Rinse Strawberries and Raspberries
3. Put 2 Cups of Raspberries in the bowl
4. Cut up Strawberries into tiny cubes
5. Add Strawberries into bowl
6. Measure 2½ cups of whipped topping
7. Mix with Berries
8. Enjoy!

Mikayla's Mashed potatoes

I love this recipe because it is a yummy comfort food that my family contributes to thanksgiving dinner (kind of like a potluck). Here's a fun fact about potatoes- back in the 1890s potatoes were so valuable that they were traded for gold directly.

Ingredients:

- 6 large russet potatoes
- 2 tbsp of Bouillon (chicken)
- ¼ cup of coconut oil



[Foto Mashed Potatoes](#)

Instructions:

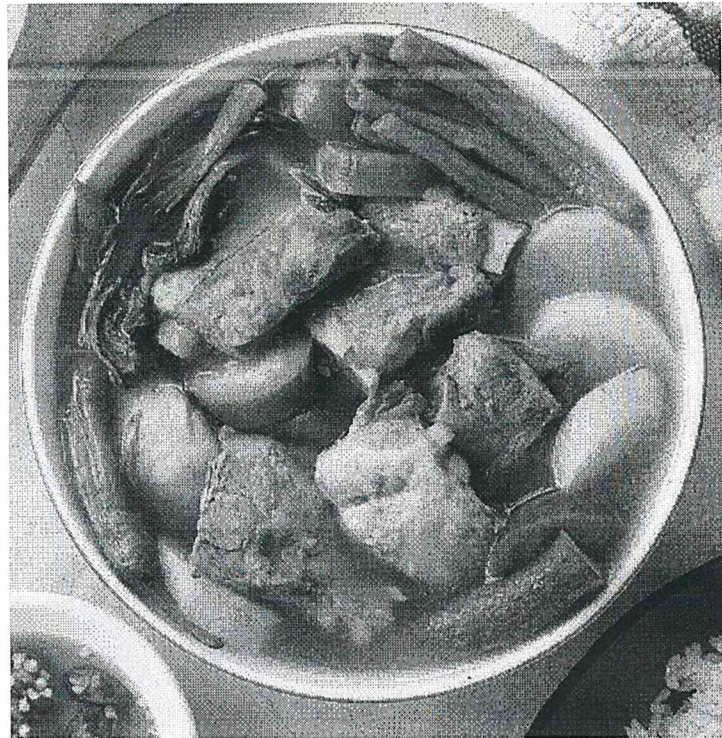
1. Wash potatoes
2. Peel potatoes
3. Cut potatoes into 1 inch cubes Put potatoes in a large pot and add water
4. Bouillon
5. Boil for 30 min or until it is easy to pierce with a fork
6. Lift potatoes into a mixer
7. Add coconut oil and half a cup of water (it was boiled in)
8. Mix until creamy
9. Add more Bouillon (if needed)



SINIGANG

BY JAY OLSEN

THIS RECIPE IS LOVED BY ME BECAUSE OF THE FLAVOR THAT IT CREATES. THE WHOLE SOUP COMES TOGETHER TO FORM A DELICIOUS DISH. THIS DISH, SINIGANG, IS BELIEVED TO BE CREATED IN THE PRE-COLONIAL ERA AND IT WARMS THE BODY AND SPIRIT.



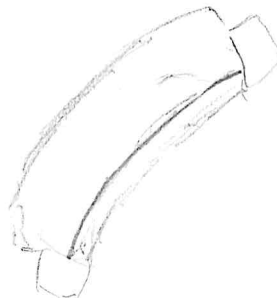
INGREDIENTS:

- 1 TOMATO
- PORK RIBS 4 LBS
- WATER, ENOUGH TO COVER RIBS
- 1 PINCH OF SALT
- A PACKET TAMARIND POWDER
- BROCCOLI OR ANY OTHER VEGETABLE
- 1 ONION

[HTTPS://WWW.KAWALANGPINGOY.COM/WP-CONTENT/UPLOADS/2013/01/SINIGANG-BABOY-7.JPG](https://www.kawalangpingoy.com/wp-content/uploads/2013/01/sinigang-baby-7.jpg)

THE RECIPE:

- 1) CUT ONION INTO HALVES
- 2) CUT TOMATO INTO HALVES
- 3) CUT PORK RIBS INTO SMALL PIECES
- 4) BOIL ALL INGREDIENTS INTO 1 POT WITH WATER. MAKE SURE THERE IS ENOUGH WATER TO IMMERSE ALL INGREDIENTS. ADD SALT.
- 5) AFTER PORK IS SOFT, ADD TAMARIND MIX PACKET
- 6) ADD BROCCOLI, SPINACH, OR OTHER VEGETABLES AVAILABLE
- 7) SERVE OVER RICE



Jesse Alexander

Overnight Blueberry French toast casserole

This is special in our family because My mom makes this dish every Christmas. She has made it every year for the past ten years.

- 1 8 ounce package of softened cream cheese
- 1 cup sugar
- 1 tbsp vanilla extract
- 2 cups blueberries
- 2 loaves french bread
- 2 cups milk
- 8 eggs
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg



Steps

1. Mix cream cheese sugar vanilla extract in a large bowl and stir till creamy, then fold in blueberries
2. Cover the bottom of pan with a layer of bread cubes, spread cream cheese mixture over bread and top with remaining bread
3. Whisk milk eggs cinnamon and nutmeg together in a bowl, pour over bread mixture, sprinkle remaining blueberries over everything, cover dish with aluminum foil and let it sit in the refrigerator for 8 hours overnight, remove 30-60 mins before baking
4. Preheat oven to 375 degrees f
5. Bake in oven for 45 mins, then remove cover and bake for 30 mins



[\(Image link\)](#)

Olivia's Sushi Recipe

My family makes this recipe because it is very yummy and easy to make. The sauce is supposed to resemble the mayo they put in the restaurants. It is a family way to make the sauce.

Ingredients

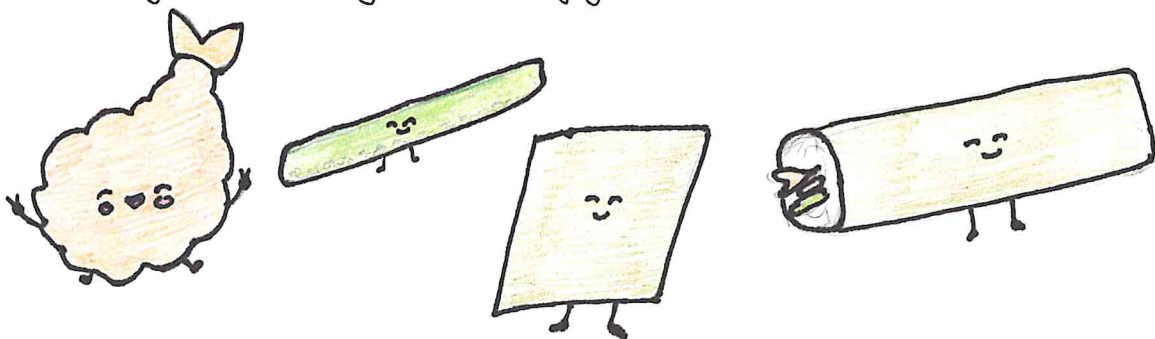
- Sushi Seaweed Sheets
- 2 fried Tempura Shrimp
- 4 Imitation Crab strips
- 2 Cucumber strips
- 1 c of Fresh Jasmine Rice
- Sushi rolling mat
- 2 tbsp Japanese mayo
- 1 tsp Soy sauce



<https://www.justhungry.com/files/images/ehouzushi-500.jpg>

Instructions

- 1) Bake the tempura shrimp in the oven at 425° for 14 minutes.
- 2) Put a layer of saran wrap over the rolling mat then put about 1 c of jasmine rice in a straight line at the edge of the mat.
- 3) Put the seaweed sheet on top of the rice and lightly press down. Add the 2 tempura shrimp in a horizontal line with the heads sticking out.
- 4) Add the imitation crab in front of it then put the cucumber slices on top.
- 5) Roll the sushi tightly using the mat. once fully rolled, take the sushi off the mat and cut it into bite size pieces.
- 6) To make the sauce, add about 2 tbsp of japanese mayo and a teaspoon of the soy sauce. Mix together and enjoy the sushi.



Genevieve's Spam Musubi

I love this recipe because it is a delicious Hawaiian food that is an easy go to dish to make for the very next day. My family makes it very regularly and we share it with our family and friends. This became popular in Hawaii, because this product was served, in World War II, to the soldiers fighting for our country.

Ingredients:

- 2 cans of spam (6 - 7 pieces/cans)
- ½ cup sugar
- ¼ cup oyster sauce
- ¼ cup soy sauce
- 1 seaweed sheet

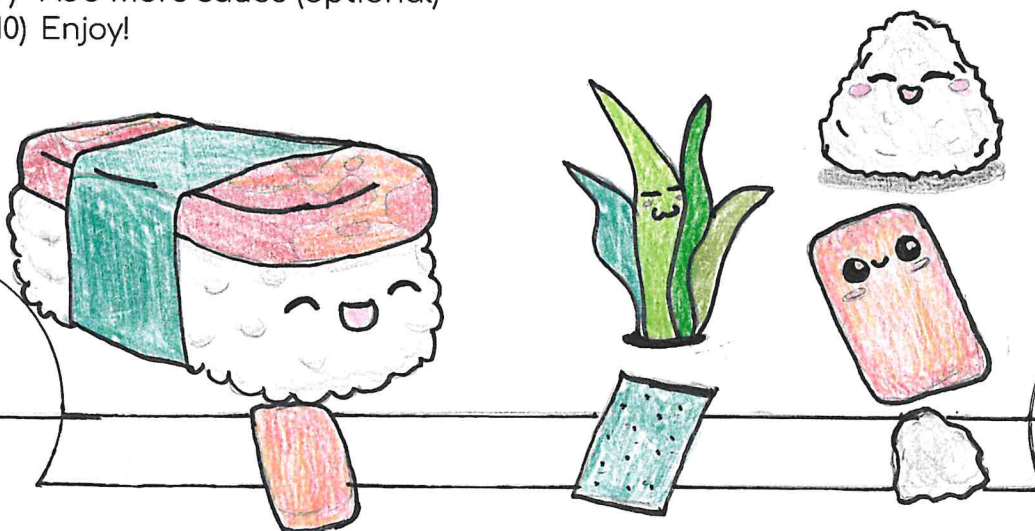


Prep:

- Marinate the spam in a ziplock bag with the sauce overnight or for 30+ minutes.
- Cut the seaweed and put it into 2 ½ inch wide strips.

Directions:

- 1) Take the spam out of the ziplock and prep the pan to cook
- 2) Cook 1-3 spams at a time in a pan, until they are fully cooked and are a little bit crispy on the edges
- 3) Place the seaweed strip on a cooking board
- 4) Form the rice onto the seaweed strip to make a square shape
- 5) Pour some of the spam sauce, enough onto the rice to make it stickier
- 6) Then place the spam onto the rice and fold over the seaweed strips so it closes over
- 7) Spread some of the sauce on the seaweed strip to keep it closed and tight
- 8) Press onto the sides with a flat surface to keep the rice in (if needed)
- 9) Add more sauce (optional)
- 10) Enjoy!



Matthew's Mom's Chocolate Chip cookies

By: Matthew Hegarty

I love this recipe because my Mom creates this for every birthday and Christmas in my lifetime. This is culturally relevant because my Mom's side of the family comes from the Boston area where the Chocolate Chip cookie was invented. This recipe was made in 1938 for the original Chocolate Chip Cookie



-Budget Bytes

INGREDIENTS

- 1/2 cup butter
- 1/2 cup shortening or vegetable oil
- 1 cup of packed Brown Sugar
- 1/2 cup granulated sugar
- 1/2 teaspoon baking soda
- 1/2 teaspoon Salt
- 2 eggs
- 1 teaspoon of vanilla extract
- 2 3/4 all purpose flour
- 1 12 ounce package of Chocolate Chips

INSTRUCTIONS:

1. Preheat oven to 375 Fahrenheit
2. In a large mixing bowl, mix butter with shortening/vegetable oil with a mixer for 30 seconds
3. Add the brown sugar, granulated sugar, baking soda, and salt
4. Mix until it is combined
5. Mix in eggs and vanilla until combined
6. Mix in as much of the flour as possible
7. Stir in Chocolate chip cookies
8. Drop the dough onto an ungreased cookie pan and separate them by 2 inches
9. Bake for 8-9 Minutes
10. Cool on a cookie sheet for two minutes
11. Add to cooling rack



Yenli's Vietnamese Honeycomb Cake

This recipe holds a cultural significance to my family. This recipe originates from Vietnam, where we are from. It was invented sometime during the late 1800s - early 1900s.



<https://takestwoeggs.com/banh-bo-nuong/>

Ingredients:

- 7 fl. oz coconut milk
- 1 cup sugar
- salt
- ½ tsp pandan extract
- 6 eggs
- 2 cups tapioca starch
- 2½ tsp. single-acting baking powder
- 1 tsp. vanilla extract

Steps:

- 1.) Add sugar, salt, & coconut milk to a saucepan on low heat -- let cool.
- 2.) Grease the bottom of the baking pan. Preheat the oven AND baking pan to 350°F
- 3.) Whisk 6 eggs in a mixing bowl. Do NOT over-stir or beat the eggs. (no foam)
- 4.) Add the coconut mixture to the egg mixture. Mix (in one direction) a few times.
- 5.) Sift starch & baking powder in. Stir (in one direction) the mixture until smooth.
- 6.) Add the pandan extract & vanilla extract.
- 7.) Bake at 350°F for about 45 min. (or until golden)
- 8.) Let cool upside down on a cooling rack.

****DO NOT OPEN THE OVEN BEFORE 30 MIN. OF BAKING**



JJ's Grandpa's Chalupas



https://www.google.com/url?sa=i&url=https%3A%2F%2Fwww.heb.com%2Frecipe%2Frecipe-detail%2Fchalupas&psiq=AOvVaw3Xww6HdmhbTVIAB571Eil_x&ust=1710276425191000&source=images&cd=vfe&opi=89978449&ver=0CBEOjRqFwoTCMjhj8CK7YQDFQAAAAAdAAAAABAD

I love this recipe because it is important to my mom and she loves her dad a lot. My grandpa is often the one to make it but I have never actually witnessed him make it. My grandpa's mom is the one who made it and the recipe but my grandpa was the one that carried it on to my mom.

Ingredients and Measurements:

- As many tortillas as you need
- Add salt until you think it tastes good
- 2 lbs pinto beans
- Pinch of cheese
- 2 lbs pork roast
- ½ tsp chili powder
- ½ tsp cayenne pepper
- ½ tsp oregano
- 1 large garlic clove with a very small garlic clove too
- 1 tsp cumin seeds

Instructions:

Cook for about 6 hours until the consistency of chili. Add water and stir from time to time. Must use a large pot at least 6 qts., dutch oven and keep heat on the entire time. Serve with onions, cheese, avocado, tomatoes, and radish.

Thai Holy Basil Stir fry with Pork

Dante Ang

I chose Thai Holy Basil Stir fry with Pork because it is one of the most popular dishes in Thai history. The basil comes from many many years ago and the extraordinary taste of it. Thai Holy Basil Stir fry with Pork is delicious because of its spiciness but not too much, the combination with all the ingredients just go together and make a delicious dish to eat.

Ingredients:

- 3 cloves of garlic
- Thaichilli's 5
- 1 pack of Pork
- 3 teaspoons of fish sauce
- 3 teaspoons of oyster sauce
- ½ teaspoon of sugar
- Holy Basil
- Oil 1 Tablespoon

Instructions:

1. In a wok, put the heat over medium heat, then add the oil, shallots and garlic, after you add that, fry it for about 3 minutes. Add the chillies and fry for about 1 more minute. Then crank up the heat to high, add the ground pork, breaking it up into small pieces to allow it to crisp up.
2. After you see the pork starting the crisp up add the sugar, fish sauce, and oyster sauce. Stir-fry it for another minute and deglaze the pan with the broth or water. Then add the basil, and stir-fry until wilted. Serve over the rice.



Szymon's Chrusty/Faworki

I love this recipe because my grandmother makes them whenever I go to Poland and it is always a treat for me. They were first invented in the Roman Empire and spread throughout Europe slowly evolving into what they are now. There are many variations in different countries (Hvorost (хворост), angel wings)

Ingredients:

- 4 Egg Yolks
- ½ Cup cold, light Beer
- Teaspoon cold Butter
- Pinch of Salt
- 1 Tablespoon Lemon Juice
- Roughly 2 cups Flour



Instructions:

- 1) Mix Butter with Flour (Don't heat up)
- 2) Mix all ingredients into dough until it is springy (add Flour or Beer)
- 3) Cover with plastic wrap and put in fridge for ½ hour
- 4) Take out of fridge and roll it out until thin
- 5) Fold into medium sized ribbons
- 6) Quickly fry on hot oil (both sides)

Jagger Salazar's deviled eggs recipe

I love this recipe because it is very delicious and it is a family tradition to make it on holidays. My grandma always used to make this recipe and i always loved it so now i try to make it to remember her.

Ingredients:

- 6 large eggs
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon apple cider vinegar
- salt and pepper 1 ½ tsp
- paprika 1 tsp

Directions:

1. Get a pot of water and wait for it to boil. Then after that turn the get down to low or off, then use a skimmer to place eggs in the water and turn the get back up to high and set a timer for 14 minutes.
2. As the eggs are boiling, get an ice bath and set on the side then after the 14 minutes is up take eggs out of boiling water and place into the bath.
3. After the eggs have cooled, peel and slice in half lengthwise. Take out the yolk and put into a small bowl with a spoon and place then put egg whites onto a plate.
4. Smash the yolks together and add mayonnaise, mustard, vinegar, salt and pepper. Then stir all of it until it is smooth and ready.
5. Use a spoon and add the deviled egg mixture you just created and put into a hole in the egg then Sprinkle on paprika for garnish and you have made very delicious deviled eggs!



Tomas' Egg free noodles with cream sauce and ground beef recipe

My mom makes this dish on every one of my birthdays. It is my favorite meal that she makes.

Ingredients

- 1 pack Egg-free wide noodles
- 1 pound ground beef
- 1 can cream mushroom soup

Recipe

- ❖ Break up ground beef with a wooden spoon.
- ❖ Cook ground beef on a frying pan on the stove placed on a low-medium heat until brown.
- ❖ Add soup and ½ can of water, mix together on low heat.
- ❖ Boil noodles according to the package.
- ❖ Cook a choice of green beans or broccoli.
- ❖ Place noodles on a plate.
- ❖ Add beef and mushroom sauce on noodles.
- ❖ Sprinkle salt and pepper if needed
- ❖ Serve with vegetables.



Luke R.

Cinnamon streusel cake

I like this recipe because it is cake and I like cake. My grandma makes this cake for people's birthdays



Cake

- 1 pkg Duncan hines yellow cake mix
- 1 pkg vanilla instant pudding mix (4 serving size)
- 2 tbsp Crisco oil
- 1 and 1/3 cup of water
- 2 eggs

Streusel

- 1/2 cup of flour
- 1/2 cup of brown sugar
- 2 tsp cinnamon
- 2 tbsp of melted margarine

Glaze

- 3/4 confectioners sugar
- 1 tbsp of milk

Preheat the oven to 370°. In a large bowl blend cake mix, pudding mix, oil, water and eggs. Beat 2 minutes at medium speed. DO NO OVER MIX. Spread batter evenly in a greased and floured, 10 inch tube pan. Combine streusel ingredients. sprinkle 2/3 cup of mixture over the batter in the pan. Spread remaining batter over streusel top with reserved streusel. Bake 40-50 min at 374° until done. Cool right side up 25min remove from pan and glaze top side up.